

# GRAPEVINE

## VISITACION VALLEY

NUMBER 222

SERVING OUR COMMUNITY

JANUARY 2005

### Now for a Pleasant Break in the Weather



After a barrage of windy rain early in December, Visitacion Valley was treated to mostly mild weather for the rest of the month just before the holidays.

### Internet Renewal of California Driver Licenses Becomes Fully Operational

SACRAMENTO - Ending a gradual, two-month "ramping up" period, the new system for online renewal of California driver licenses over the Internet has now reached full operating capacity. Online renewal is now available to most DMV customers with a good driving record.

"What a perfect time to become fully operational," said DMV's Deputy Director of Licensing Operations, John McClellan. "People stand in enough lines during the holiday shopping season. So why stand in line unnecessarily at the DMV when you can now renew your driver license from the comfort of your home computer? That's one less trip you have to make during the busy holiday season."

### Valley ESL Classes Resume in January

Neighborhood ESL classes will resume on Tuesday, Jan. 18 at both the Visitacion Valley Community Center (VVCC), 50 and 66 Raymond Ave., and the Beacon Center at Visitacion Valley Middle School, 450 Raymond Ave. An 8 a.m. citizenship class will also commence Sunday, Jan. 23 at 66 Raymond Ave.

Three levels of classes will be held at VVCC Monday through Thursday from 6:30 to 9 p.m. Two beginning classes at the Beacon Center from Monday through Thursday will start at 9 and 11:30 a.m.

New students must bring their ID to register for classes. For further information, please contact the registration clerk at (415) 656-3582 during the evening class hours at VVCC.

### Valley History Project Seeks Stories, Photos

Visitacion Valley residents are cordially invited to share their knowledge of the neighborhood from the earliest times to the present through a recently organized local medium.

The Visitacion Valley History Project plans to record residents' memories, stories and photographs from the earliest times to the present, preserving the past of Visitacion Valley for future generations. For more information on this project, please contact: Cynthia Cox at 468-0284; Edie Epp at 467-0236; Jackie Fishtrom at 467-3647; Betty Parshall at 467-7423, or e-mail Russel Morine at Rmorine@aol.com

Two months ago, when the department first threw the switch to activate online driver license renewal, DMV officials cautioned in their Oct. 6 news release that initially only a small percentage of customers were eligible to use the new, more convenient Internet license renewal system. That's because, for security reasons, Internet license renewal requires the extra protection of a so-called RIN (Renewal Identification Number), which didn't begin appearing on renewal notices until Sept. 13.

Since license renewals are mailed out two months in advance of expiration, that meant then-current renewal notices mailed out in August and early September didn't have the RIN needed for Internet renewal.

"But as of December, all current renewal notices that are eligible for Internet renewal now contain that all-important Internet RIN," said McClellan. "That means if you have a good driving record and if it's been less than 15 years since you came to a DMV office to renew your driver license in person, then you're probably eligible to renew over the Internet. Please take advantage of it. It's so much easier and more convenient - especially now that we've eliminated the extra service charge for using a credit card."

An average of 1,000 Californians per day are now renewing their licenses via the Internet. As the word continues to spread about this new service, DMV officials expect a further increase.

Motorists under the age of 70 with a good driving record are allowed to renew by Internet or mail two times in a row, if they have no health problems requiring more frequent visits to a field office. That enables many customers to go 15 years without visiting a DMV field office. After two consecutive renewals by mail or Internet, a field office visit is required for routine vision screening and a new photograph. Beginning at age 70, customers must come in for a new vision test at every five-year renewal.

Vehicle registration renewals over the Internet have been underway for more than four years and have become increasingly popular. But the more elaborate anti-fraud Internet security precautions required for driver licenses were not in place until mid-September of this year. *See Page 7*

### Drop in Crude Oil Costs Means Relief at Pump for Consumers

According to a new report by AAA of Northern California which tracks gas prices as a service to consumers, the average price for a gallon of regular unleaded gasoline in California is now \$2.16. That price is a decrease of 20 cents per gallon since the last AAA monthly survey of gas prices on Nov. 16. The record high price was set on Oct. 21, when regular unleaded was selling for an average of \$2.45 per gallon.

"We're seeing some gas stations where gas now sells for less than \$2 a gallon," said Sean Comey, spokesman for AAA of Northern California. "In most communities, the average cost of fuel is still higher than that, but at least we've seen prices falling steadily for more than a month."

The decline in retail fuel prices is largely the result of a decrease in the cost of crude oil, the raw material from which gasoline is made. In the past two weeks, crude oil prices have dropped by about 20 percent.

For the short term, consumers should be able to anticipate some additional but modest declines in prices at the pump. That trend may not last long. Member nations of OPEC (Organization of Petroleum Exporting Countries) recently voted to cut oil production, a move aimed at boosting prices.

The most expensive average gas price in Northern California is in San Francisco, where regular unleaded costs \$2.35 per gallon. The lowest price among California cities tracked by AAA is in Marysville, where gas costs an average of \$1.95 per gallon. Throughout Northern California, the average price is \$2.15. In the Bay Area, the average price is \$2.19.

The nationwide average price is now \$1.84, which is 32 cents a gallon less than the statewide average in California. The most expensive gas in the United States is in Wailuku, Hawaii, where a gallon of regular unleaded costs an average of \$2.69. The least expensive gasoline is in Toledo, Ohio, where the average price is \$1.56 per gallon.

"When we see the price of a gallon of gas vary by 20 cents or more within the same community, it reminds us of how important it is for consumers to shop around," said Comey. "Driving out of your way to find lower priced gas probably doesn't make sense, but you can save money by simply comparing prices at the gas stations you pass by during typical day."

### Supervisors Approve New Bayview Housing

A package of legislation co-sponsored by Supervisor Sophie Maxwell and Mayor Gavin Newsom that would enable the first phase of development to proceed at the Hunters Point Shipyard passed the Board of Supervisors on Dec. 14.

Phase 1 of the development, scheduled to begin in February 2005, will create 1,600 new units of housing, including at least 32 percent (and possibly 44 percent) of all units to be affordable based upon a Bayview-specific income standard.

In addition, other benefits include: 30 percent of all development is set aside for community-based developers (with an additional 6 acres of land set aside for community development of community facilities); an estimated \$35-40 million in net revenue from land sales will be reinvested in the Bayview Hunters Point community; and 35 acres of new open space and parks will be provided.

### An Eventful Year in Visitacion Valley

An eventful past year in Visitacion Valley witnessed the establishment of several prosperous businesses on Leland Avenue, two important visits by Mayor Gavin Newsom, and the transformation of Bayshore Boulevard from an ordinary street into an elegant thoroughfare - complete with palm trees and bicycle lanes - awaiting the commencement of the Third Street Light Rail Line later in 2005.

Notable Visitacion Valley events in 2004 included:

\*Exploring Possibilities for the Schlage Lock Site: Visitacion Valley residents packed the Community Center gymnasium Feb. 21 to learn the latest developments in the planning process for the controversial Schlage Lock site, a topic of intense neighborhood concern since the company vacated the premises in 1999. Several key speakers from various City departments summarized past proceedings and the future speculation of the former manufacturing plant - a large area of land on the east side of Bayshore Boulevard between Blanken and Sunnydale avenues currently occupied by vacant buildings.

\*Builder Interested in Developing Schlage Lock Site: Pulte Homes, a company with more than 360,000 homes built in its 54 year history, announced its intention to develop both the Schlage Lock and a smaller adjoining site totaling about 20 acres with both residential and commercial housing at a special meeting July 24 at VVCC. Pulte Homes, which builds condominiums, town homes and single-family homes for first, second move-up and active adult buyers, detailed a plan to put 310 residential units on the site north of Visitacion Avenue, with property to the south reserved for both housing and retail development - including space for a large supermarket.

\*Plans Revealed for New Valley Branch Library: After several community meetings and months of designing, San Francisco Public Library staff and the Bureau of Architecture created a functional conceptual design for a new Visitacion Branch Library proposed to be built at Leland Avenue and Rutland Street. The new design calls for an 8,700 square-foot one story building to replace the Super Fair Market, which now leases the present building.

\*Mayor's Town Hall Meeting: Hundreds of neighborhood residents packed the Visitacion Valley Elementary School auditorium on Apr. 24 to voice their concerns during a Saturday morning town hall meeting with Mayor Gavin Newsom. With increased violence having plagued the City's southeast section - including the recent killing of a San Francisco police officer - many in attendance wanted to know what could be done to ensure a safer community.

\*An Award for Valley Elementary School: Visitacion Valley Elementary School (VVES), together with several other San Francisco public schools, received a state Title 1 Achieving School Award on April 29.

\*Project Connect Comes to Sunnydale: A new door-to-door program was commenced on June 10, designed to direct residents of various San Francisco neighborhoods to various City services they may not have known existed. Project Connect was immediately in action in the Sunnydale housing complex following an early morning press conference in Visitacion Valley where Mayor Gavin Newsom announced that a crew of 100 city workers and volunteers from other organizations would be staffing the program. Describing the new pro-

gram as a way as a way to give neighborhood residents alternatives, the Mayor personally joined Project Connect staff members in knocking on doors in Sunnydale to enlighten residents on the number of programs and services available to them.

\*Mosaic Murals at Middle School: Five spectacular mosaic murals created by sixth-graders at Visitacion Valley Middle School were unveiled May 21 in an afternoon ceremony at the school entrance.

\*Rob Reiner Visits Family School: Actor and director Rob Reiner, who is chair of First 5 California, the State's children and families commission, was joined by local officials on June 2 at Visitacion Valley Family School on Leland Avenue to announce the first phase of a plan to implement voluntary universal preschool for the City's four-year-olds.

\*Builder Interested in Developing Schlage Lock Site: Pulte Homes, a company with more than 360,000 homes built in its 54 year history, announced its intention to develop both the Schlage Lock and a smaller adjoining site totaling about 20 acres with both residential and commercial housing at a special meeting July 24 at VVCC. Pulte Homes, which builds condominiums, town homes and single-family homes for first, second move-up and active adult buyers, detailed a plan to put 310 residential units on the site north of Visitacion Avenue, with property to the south reserved for both housing and retail development - including space for a large supermarket.

\*Remembering Loved Ones: Many friends and neighbors of Visitacion Valley gathered at VVCC on June 26 with members from the Sunnydale Residents' Council to help families memorialize loved ones who lost their lives in violence plaguing the southeast sector of San Francisco.

\*Celebrating Completion of Mural: Along with many youth and a few older residents, neighbors gathered on Sept. 18 at the corner of Sunnydale Avenue and Hahn Street to celebrate completion of a community-wide mural project.

\*An Award for Visitacion Valley Clubhouse: San Francisco Beautiful recently awarded the Visitacion Valley Clubhouse as a 2004 recipient for a beautification award. The popular new facility, located at the Visitacion Valley Playground on Leland Avenue at Cora Street, has an interior finished with wood panels, exposed trusses, colorful tiles and ornamental lanterns.

\*Valley Pedestrians Take Requests to City Hall: Visitacion Valley residents desiring improved pedestrian safety in their neighborhood were present on Oct. 21 for an early morning press conference with Supervisor Sophie Maxwell on the Polk Street steps of San Francisco City Hall.

\*Valley Residents Voice Solutions to Violence: More than 150 neighborhood residents gathered at the Church of the Visitacion on Nov. 7 to present their needs and solutions for more security in the neighborhood.

### New Construction Begins on Leland Avenue



Construction began in November on a three-story mixed-use structure at 199 Leland Ave., the last remaining non-developed site in the neighborhood. When completed, the new building will include retail space on the ground floor and six units of senior housing on the upper two floors.

## Grapevine Mailbox

### The Law is the Law

So if the US government determines that it is against the law for the words "under God" to be on our money, then, so be it. And if that same government decides that the "Ten Commandments" are not to be used in or on a government installation, then, so be it. And since they already have prohibited any prayer in the schools, on which they deem their authority, then so be it.

I say, "so be it," because I would like to be a law abiding US citizen.

I say, "so be it," because I would like to think that smarter people than I are in positions to make good decisions.

I would like to think that those people have the American Public's best interests at heart.

But, you know what else I'd like? Since we can't pray to God, can't Trust in God and cannot Post His Commandments in government buildings:

\*I don't believe the government and its employees should participate in the Easter and Christmas celebrations which honor the God that our government is eliminating from many facets of American life.

\*I'd like my mail delivered on

## A Gift of Caring For Our Seniors

by CA Attorney General Bill Lockyer

With the holiday season upon us, thousands of Californians are taking the time to visit their elderly loved ones. While you are visiting and catching-up with your senior relatives or friends, whether in a facility or in the senior's personal residence, you would do your loved one a favor to take the opportunity to check for anything that doesn't seem right.

California's senior population (those 65 and older) stands at 3.7 million, and is expected to grow to 6.3 million by 2018. Hundreds of thousands of seniors live in long-term care facilities. In addition, thousands of frail seniors live on their own with personal caregivers.

Sadly, more than 225,000 of California's seniors and dependent adults are the victims of abuse or neglect each year. Becoming aware of common signs of abuse or neglect can help you spot a possible problem. While one sign alone does not necessarily indicate abuse, some possible warning signs are:

Bruises, pressure marks, broken bones, abrasions and burns may be an indication of physical abuse, neglect or mistreatment.

Unexplained withdrawal from normal activities, a sudden change in alertness and unusual depression may be indicators of emotional abuse.

Isolation of the senior, restricting whom they have contact with, including other family members or friends, may be signs of psychological abuse.

Behavior such as belittling threats and other uses of power and control, strained or tense relationships, frequent arguments between spouses or caregivers and the senior are indicators of verbal or emotional abuse.

Bedsore, unattended medical needs, poor hygiene and unusual weight loss are indicators of possible neglect.

Failure to take essential medica-

Christmas, Good Friday, Thanksgiving and Easter. After all, it's just another day.

\*I'd like the US Supreme Court to be in session on Christmas, Good Friday, Thanksgiving and Easter as well as Sundays. After all, it's just another day.

\*I'd like the Senate and the House of Representatives to not have to worry about getting home for the "Christmas Break." After all, it's just another day.

I'm thinking that a lot of my taxpayer dollars could be saved, if all government offices and services would work on Christmas, Good Friday and Easter.

It shouldn't cost any overtime since those would be just like any other day of the week to a government that is trying to be "politically correct."

In fact, I think that our government should work on Sundays (initially set aside for worshiping God) because, after all, our government says that it should be just another day....

What do you all think?

If this idea gets to enough people, maybe our elected officials will stop giving in to the minority opinions and begin, once again, to represent the majority of *all* of the American people.

So be it!

## A Gift of Caring For Our Seniors

tions or refusal to seek medical treatment are indicators of self-neglect.

Inability to attend to housekeeping, confusion or memory loss may be signs of abuse or self-neglect.

Sudden changes in financial situations or spending patterns may be indicators of financial abuse.

Unpaid bills, eviction notices or discontinued utilities, or implausible explanations given about a senior's finances by a relative or caregiver, may also indicate financial abuse.

Knowing the warning signs of abuse is the first step in ensuring the safety and well-being of our seniors. When in doubt, err on the side of caution and report. In California, you can report suspected abuse observed in a facility or in a personal residence by calling toll-free,

1-888-436-3600. This number will connect you to the proper agency, in the appropriate county, so that a report can be made. For additional information, visit [www.safestate.org](http://www.safestate.org)

Remember that abuse can continue and often escalates if there is no intervention. Trust your instincts. Speak up if you have concerns. This holiday season, if you see something suspicious while visiting your elderly loved one, make the call and report it. It may be the best gift you ever give.

Over the course of the next year, school district staff, led by Superintendent Arlene Ackerman, will redouble their efforts to open even more Dream Schools across our city. Hoping to harness the momentum following the successful opening of the first three Dream Schools in

## Visitacion Valley Community Center Senior Program

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## The Dream of Dream Schools

by Mayor Gavin Newsom

Good schools are an integral part of our society, a reliable reflection of the neighborhoods and the wider communities they serve. They share noble ideas, are focused on specific, quantifiable goals and work to create a community of learners.

I've spent some quality time in classrooms across the city and I can tell you that our public schools are indeed fulfilling their duty as community partners. Nowhere is this more evident than on the campuses of the newly opened Dream Schools.

Each of the three schools in the Bayview/Hunters Point area - Dr. Charles R. Drew College Preparatory, Twenty-First Century College Preparatory Academy and Gloria R. Davis College Preparatory Academy - is staffed by principals and teachers who expect every child to learn and achieve at the highest academic levels. These expectations are well known to students, parents and teachers.

Family and community participation in schools acknowledge the important role that we play in helping all children succeed in school and in life. If schools are a microcosm of a community, then the classroom offers no better place in which to welcome individual strengths, skills, opinions and knowledge.

I've watched the culture of these three schools transform as they involve parents in the life of the school and work with community-based organizations and businesses, sharing knowledge and resources. Their work is a living example of the symbiotic relationship of bringing the schools to the community and attracting the community to the schools.

John F. Kennedy said: "Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource." The surest way to build a better future for our community, and thereby better lives for our citizens, is through improving the quality of education, and at the Dream Schools, staff is committed to just that. There, principals, teachers and administrators fully understand that by working with parents and the community to better educate students, we are well on our way to a more productive and adaptable society.

Over the course of the next year, school district staff, led by Superintendent Arlene Ackerman, will redouble their efforts to open even more Dream Schools across our city. Hoping to harness the momentum following the successful opening of the first three Dream Schools in

August 2004, the superintendent wants to open Dream Schools next year in neighborhoods ranging from Potrero Hill to the Mission District to Treasure Island. The

Add to these successes, the creation of Dream Schools, where everyone from students to parents to neighborhood and business leaders are bound by the guiding principles of commitment, inspiration and distinction. Staff at these campuses is determined to teach our children to become confident, self-sufficient and engaged adults.

Dream Schools are helping to raise the quality of education for students in all neighborhoods by creating a commitment to excellence and a culture of accountability. That will translate into a healthier, more civil and more innovative society.

## Composting and Organic Gardening Classes in January

\*Urban Composting, Saturday, Jan. 8, 10 a.m.-12 noon. Turn your kitchen scraps into a rich soil amendment for your plants. Join us at the Garden for the Environment, 7th Ave. at Lawton Street, and learn how to turn that garbage into garden gold. Free!

\*Sustainable Weed Management, Jan. 15, 10 a.m.-1 p.m. Learn to identify and eliminate many of the weeds that invade San Francisco gardens without using toxic herbicides. Garden for the Environment, 7th Ave. at Lawton St. Pre-registration required. This workshop is part of our Resource Efficient Gardening and Landscaping Program. Free!

\*Winter Pruning, Jan. 29, 10 a.m.-1 p.m. Winter is the best time to prune for vigorous spring growth. With appropriate pruning techniques, you can minimize your pest and disease problems, promote fruiting and flowering and encourage healthy, productive plants. Garden for the Environment, 7th Ave. at Lawton St. Pre-registration required. This workshop is part of our Resource Efficient Landscaping Education Program. Please call 731-5627 for a class listing or to pre-register. Free!

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Come to Church This Week

## GRAPEVINE

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## Micro-Minute

by Mr. Food

This is the time of year for parties, and many people have taken to reducing their entertaining stress by hosting get-togethers where everybody is asked to bring a dish.

Often the host provides the beverages or maybe a main course item, and guests bring everything else. This kind of party is always a lot of fun because we get a chance to sample different types of food, from appetizers to side and main dishes, as well as everybody's favorite dessert.

Since we always seem to be short on time, especially at this time of year, why not turn to your microwave to help whip up quick go-alongs - for parties and for your gang at home?

Don't forget that when we need help keeping go-alongs like sauce and gravy warm without taking up room on the stovetop or having to watch them constantly, we can rely on our microwaves, too, when they have that great "Simmer" feature, as on the Panasonic Inverter Microwave. Yes, now it's possible for our sauces and gravies to go from the fridge to the microwave, and stay there - warm and smooth (without getting lumpy!) - until serving time.

I've gathered some of my no-fail, crowd-pleasing microwave recipes that are ready in a snap, so, this holiday season, let your microwave take care of cooking up loads of ways to say... "Ooh it's so good!!"

### Nutty Stuffed Mushrooms

(16 mushrooms) "The perfect party starter to make 'em all go nuts!"

16 large mushrooms (about 1 pound); 1/2 small onion, minced; 1/4 cup pistachios, coarsely chopped; 6 tablespoons (3/4 stick) butter; 1/2 cup plain bread crumbs; 2 tablespoons chopped fresh parsley; 1/4 teaspoon salt; 1/4 teaspoon black pepper.

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray. Remove the mushroom stems from the caps, finely chop the stems and place in a medium-sized microwave-safe bowl. Add the onion, pistachios, and butter; mix well. Microwave at 80% power for 4 minutes, stirring halfway through the cooking time.

2. Add the remaining ingredients except the mushroom caps; mix well. Stuff each mushroom cap with the mixture and place in the baking dish. Microwave at 80 percent power for 4 to 5 minutes, or until the mushrooms are tender and heated through.

### Cheesy Broccoli Bites

(About 3 dozen) "I've turned the flavor of a favorite soup into a quick-fix, bite-sized appetizer that our microwaves can have ready in just minutes!"

2 packages (10 ounces each) frozen chopped broccoli, thawed and well drained; 2 cups herb stuffing, crushed; 1 cup grated Parmesan cheese; 5 eggs; 1/2 cup milk; 1/2 cup (1 stick) butter, cut up; 1 small onion, finely chopped.

1. In a large bowl, combine the broccoli, stuffing, Parmesan cheese, eggs, and milk; mix well and set aside.

2. In a microwave-safe 9" x 13" baking dish, combine the butter and onion. Microwave at 90 percent power for 2-1/2 minutes, or until the onion is tender. Add to the broccoli mixture; mix well.

3. Shape the broccoli mixture into 1-inch balls and place in the baking

### Crossword Puzzle Solution

S	E	P	A	L	D	A	D	Z	I	P
E	V	A	D	E	A	B	E	A	B	A
I	O	N	I	C	D	O	C	M	A	C
S	E	E	T	H	E	V	A	M	A	N
M	A	A				E	S	S	E	N
R	E	H							T	I
A	R	U	M		L	E	R	N	E	M
T	E	K	E	L					A	M
T	I	F	F	I	N					
B	A	L	A	T	A	S	T	R	A	T
A	A	A	C	G	I	R	V	I	A	L
A	R	N		H	O	C	U	S	U	R
L	E	D		I	T	A	M	E	S	N

dish in batches. Microwave at 90 percent power for 3 to 3-1/2 minutes, or until set. Serve immediately.

**Tip:** When steaming broccoli in the microwave for a healthy go-along, arrange the florets with the more delicate parts toward the center of the dish to ensure even cooking throughout.

### Holiday Cheese Dip

(About 1-1/2 cups) "There are so many flavors of prepared cheese product, and you can turn practically any one into a rich, creamy dip right out of the oven...the microwave oven, that is!"

1/2 pound pasteurized prepared cheese product, cut into 1/2-inch cubes; 1/2 cup thick-and-chunky salsa (see below); 1/4 cup beer

## IRS Officials Urge Consumer Care Before Making a Charitable Car Donation

WASHINGTON - The Internal Revenue Service issued a consumer alert today to help taxpayers avoid potential pitfalls when they donate their automobiles to charities.

In addition, as taxpayers plan their charitable giving, donors should understand the way that the American Jobs Creation Act of 2004 will alter the rules for the contribution of used motor vehicles, boats and planes after Dec. 31, 2004.

Next year, if the claimed value of the donated motor vehicle, boat or plane exceeds \$500 and the item is sold by the charitable organization, the taxpayer is limited to the gross proceeds from the sale.

Under the new rules, the charitable organization must provide an acknowledgment to the donor within 30 days of the sale stating the amount of gross proceeds. Alternatively, if the charity significantly uses or materially improves the vehicles, the charity must certify this intended use and duration and provide an acknowledgment to the donor within 30 days of the contribution. If the charity significantly uses or materially improves the vehicle, generally, the donor may deduct the vehicle's market value.

For the remainder of 2004, however, the new rules do not apply. Under the rules in effect for 2004, taxpayers will be able to deduct the fair market value of the contributed property.

"Just because the rules will be tightened for vehicles donated next year doesn't mean anyone should give a car to charity and claim an inflated value this year," said IRS

1. In a medium-sized microwave-safe bowl, combine all the ingredients; mix well.

2. Microwave at 70 percent power for 2 minutes; stir, then microwave for 1 to 2 more minutes, or until melted and smooth.

**Serving Suggestion:** Top with sliced jalapeño peppers and serve with tortilla chips. Remember, this can be as spicy or as mild as you like, depending on the salsa you use.

### Bottomless Cheesecake Pie

(8 to 10 servings) "Garnish each slice of this crustless treat with a mini candy cane to make it a creamy, fun holiday dessert."

2 packages (8 ounces each) cream cheese, softened; 2/3 cup plus 3 tablespoons sugar, divided; 3 eggs;

1-1/2 teaspoons vanilla extract, divided; 1/2 teaspoon fresh lemon juice, divided; 1 container (16 ounces) sour cream.

1. Coat a microwave-safe 9-inch deep-dish pie plate with nonstick cooking spray.

2. In a large bowl, with an electric beater on medium speed, beat the cream cheese and 2/3 cup sugar until smooth. Beat in the eggs one at a time then beat in 1/2 teaspoon vanilla and 1/4 teaspoon lemon juice; pour into the pie plate.

3. Microwave at 70 percent power for 7 minutes. Remove from the microwave and let sit.

4. Meanwhile, in a medium bowl, combine the sour cream and the remaining 3 tablespoons sugar, 1

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teaspoon vanilla, and 1/4 teaspoon lemon juice; mix well then pour over the top of the pie.

5. Microwave at 70 percent power for 3 minutes. Let cool, then cover and chill for at least 4 hours before serving.

**Tip:** Want to turn this rich-tasting plain cheesecake into a cherry cheesecake? Simply pour a can of cherry pie filling over the cooled cheesecake then chill as directed!

**Note:** All recipes were tested in a 1600-watt Panasonic Inverter Microwave Oven. Cooking times may vary for other models. Please always refer to the operating instructions of your microwave for complete guidelines and safety information.

car donation and its fair market value. Recordkeeping requirements are comprehensive and vary depending on the amount of the contribution and the total amount of the charitable deduction. IRS Publication 526 details requirements for the types of receipts taxpayers must obtain and the forms they must file.

**Contact State Charity and IRS Officials When in Doubt:** Donors with questions about whether a contribution is deductible should call the IRS at 1-800-829-1040 or for TTY/TDD help, call 1-800-829-4059. They can also find IRS forms and publications at IRS.gov. Donors concerned that contributions are being solicited for fraudulent purposes should contact the appropriate state charity official, who is often located in the state attorney general's office. A list of state charity official offices can be found online.

## Former VVCC Board Member Remembered

Ellen Arms Baldwin, a former member of the Visitacion Valley Community Center (VVCC) board of directors, died on Nov. 17 at the age of 87 after a long illness at the Masonic Home in Union City.

A dedicated VVCC volunteer, she is survived by a brother, two sons, seven grandchildren and seven great grandchildren.

## Veterans Meet Monthly at Daly City Senior Center

Armed service veterans needing any assistance are invited to attend the regular meetings of Veterans of Foreign Wars, Post 8750 held at 10 a.m. on the second Friday of each

month at the Daly City Doolger Senior Center, 101 Lake Merced Blvd. (Westlake Park).

The Center can be reached at (650) 991-8012.



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- \*Appetizers
- \*Party Platters
- \*Desserts



## Book Reviews

### A Grip on Home Repairs

Whether you're building a bookcase or installing a deadbolt lock on your front door, the new edition of a home repair classic will show you how to do it and suggest the tools you will need. Readers of *The Black & Decker™ Complete Photo Guide To Home Repair* (Creative Publishing International, \$34.95) have called it the most up-to-date, complete and useful guide to home repair that a homeowner can have.

*The Photo Guide* has more than 350 projects (from getting rid of mold to maintaining a high-efficiency furnace) and 2,300 photos. Virtually every home repair challenge is covered. In this major revision are important chapters on choosing and using hand and power tools, diagnosing and correcting home safety and health problems, and creating and maintaining a home workshop.

The book also shows how to test for radon, lead, asbestos and water contaminants; is updated to reflect the latest building code changes; and includes helpful building projects for workshops, including building utility shelves, workbenches and sawhorses. There's also a section on how to choose and use the latest hand and power tools.

Among the home safety and health information is a section on mold, its dangers and how to prevent it from occurring. Briefly, mold, when inhaled, is now recognized as a major problem. The obvious indicator of a mold problem is a musty odor. Visible signs include white threadlike growths or clusters of small black specks. However, hidden mold can often be found behind wall coverings and ceiling tiles. To prevent mold growth, the editors point out that it is critical that any water from overflows or burst pipes be immediately mopped up and dried thoroughly, and that sources of moisture be eliminated.

The book is available at bookstores across the country or by visiting [www.creativepub.com](http://www.creativepub.com).

Whether you're installing a deadbolt lock or building a sawhorse for your workshop, good advice is now easier to find thanks to a home repair classic.

### Wellness and Forgiveness

Many people may soon feel better about themselves and their lives by using forgiveness as a tool to move beyond pain and resentment of past experiences.

A new jargon-free book, *The Power of Oneness: Live the Life You Choose* (\$16.95, RedWheel/Weiser), by Sandra Brossman, spiritual counselor and holistic healer, says forgiveness means no longer being bound to someone else through pain. Shedding anger, she points out in both her book and her Power of Oneness workshops, brings new energy, peace and freedom from the past—gifting ourselves with emotional and physical health.

The book is like a personal trainer for the soul that offers practical ways to bring spirit into everyday life.

"We all have the ability to experience the amazing inner peace that comes from unconditional love of self," Brossman says.

For more information, please visit [www.thepowerofoneness.com](http://www.thepowerofoneness.com).

Spiritual healing may be at hand with help from a fascinating new book.

NAPS

## Did You Know?

\*When you obtain a mortgage, the lender will require that you purchase a Lender's Title Insurance Policy to protect its investment. This policy will not protect you. That's why the American Land Title Association recommends that home buyers insist on getting an Owner's Policy of Title Insurance to protect their investment. The Owner's Policy is obtained for a one-time fee at closing, and is good for as long as the buyer or his or her heirs have an interest in the property. For more information on title insurance, visit [www.alta.org](http://www.alta.org).

\*In 1890, farming accounted for nearly 43 percent of all U.S. jobs, but by 1940 had dropped to 17 percent, and to 2 percent in 1960. Manufacturing employment has also declined over time. Production workers accounted for 26 percent of U.S. non-farm employment in 1952, 18 percent in 1972, and only 8 percent today. This is alleged to be the "natural" trend of progress, so nothing needs to be done about it. The comparison is simply not valid, say experts at the U.S. Business and Industry Council in Washington, D.C. It runs afoul of what economists call "income elasticity," a measure of how much a consumer's demand for a product goes up as income rises. Food has a low income elasticity, while manufactured goods have a high

elasticity. In other words, our bellies get full long before people tire of new gadgets and products to fill larger homes and garages.

\*In 2002, The College Board announced sweeping changes in response to concerns from college educators that the outdated SAT test needed a massive makeover. It got one. Now the changes and their ramifications have students, parents and educators scrambling. No one will get an actual glimpse of the new SAT until the spring of 2005, and a revamped PSAT will debut in the fall of 2004. To help clear up the confusion, SparkNotes, the publisher of today's most popular study aids, has produced a concise guide that breaks down all the key changes to the SAT. The free New SAT Spark Notes are in English and in Spanish and can be downloaded at [www.sparknotes.com/news](http://www.sparknotes.com/news) or by asking the community relations manager at a Barnes & Noble store.

\*More and more people are buying camera phones. It is important to fill the phone's viewfinder frame by getting as close to your subject as possible, says photographer C.J. Villa, who created a mobile travelogue with photos taken on his Nokia 3650 camera phone. Don't shoot into a light source unless you are intentionally going for a "silhouette" effect. Offload your pictures frequently either to the Web or your computer. For people pictures, have everyone get as close together as possible. You can add more memory to your phone.

\*Under the leadership of Secretary Elaine L. Chao, the U.S. Department of Labor launched the YouthRules! initiative. This initiative promotes positive and safe work experiences for young workers by educating parents, teens, employers, and educators about the types of jobs teens can hold and the number of hours they can work. For more information, visit [www.youthrules.dol.gov](http://www.youthrules.dol.gov) or call 1-866-4USWAGE. NAPS

## Small Business is Fastest Growing and Fastest Failing Segment of Our Economy

According to the U.S. Small Business Administration, more than 50 percent of small businesses fail in the first year and 95 percent fail within the first five years. With small firms representing approximately 99.7 percent of all employer firms within the US, and with these firms are responsible for paying 44.3 percent of the total US private payroll, it would seem logical that we need our small businesses to succeed.

Dun and Bradstreet research indicates that 90 percent of all small business failures can be traced to poor management resulting from lack of knowledge. This lack of knowledge is not only related to lack of business savvy, but to lack of personal knowledge. How well a business owner knows him or herself can be critical to the success of a small business.

*Naked Business* asks the questions and invites the introspection that lead to small business success. *Naked Business* can best be classified as a cut-to-the-chase workbook for small business owners. Posing questions that small business owners often skirt, *Naked Business* provides useful tips for today's business owner.

"Our intent in writing the book was to impact the small business sector. Because we specialize in marketing plans for small business, we often find ourselves consulting in other areas as well. We took a lot of the questions that we find small business owners either avoid or simply don't have time to ask themselves and put them in one place, along with a few helpful hints that come from our own experience in the realm of small business," states Joel Virtue, VP of Starmaker Marketing.

Jean Peterson, also of Starmaker, agrees. "We want to help small business owners find their strengths and capitalize on them. But, it is also important to discover potential weaknesses and be honest about them—not critical, just candid."

## Saturdays Are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 6 must be with a paying adult. Arts Card members receive a 2-for-1 discount. Call 554-9600 for further information.

\*Jan. 22: *Chinese Lion Puppets*: Get ready to celebrate the Lunar New Year, starting Feb. 9, by creating a Chinese lion puppet head.

\*Jan. 29: *Duck Decoys*: Carve your own soap duck decoy.

Other regular Saturday activities include:

\*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

\*Meet the Animals from 11:15 a.m. to 12 noon.

\*Animal Feeding at 12 noon.

\*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

## Bayview Police Station Update

### by Bayview Police Captain Rick Bruce Anonymous Tip Line

Every police station in San Francisco has its own anonymous tip line. These lines go to voicemail and are checked daily. Although we receive periodic information on our line, it would be beneficial to our criminal investigations if these lines were used more frequently. The number for Bayview's tip line is 822-8147.

### Christmas Tree Collection

Golden Gate Disposal and Sunset Scavenger wish to remind everyone that Christmas trees may be recycled by placing them at the curb during the week of January 3-7, 2005. Please remove all bases (wood is OK), lights, tinsel, etc., and no flocked trees.

### Police Cases

\*On Nov. 18 at 8:42 a.m., Bayview officers responded to the 3100 block of San Bruno Avenue on a threats call. The male caller told officers that he borrowed \$3,000 from a Chinatown loan shark more than a year ago, and the loan shark and his associates have been harassing and threatening the man ever since. The main lender, a man known to the victim only as "Priest," is currently demanding a payment of \$10,000 from the victim, even though the man has already paid "Priest" \$5,000. The victim told officers that two Asian male suspects came to his door the previous evening and displayed a handgun. They then threatened to kill the man's family if he did not pay the money "owed." The case is being investigated by our Inspector's Bureau.

\*On Nov. 18 at 5 p.m. officers responded to the 2800 block of San Bruno Avenue on a call of a man and woman fighting. The female caller told officers that her boyfriend had become angry when she accused him of charging a magazine subscription to her name. The boyfriend stopped the car they were driving in, drug her out of the car, and beat and kicked her. The boyfriend then took the woman's garage door opener and threatened to go to her home on Montana Street and damage her personal property. The officers notified Taraval Station so that officers from that district could check on the home, and they did so. The woman was escorted home and an emergency protective order was issued.

\*On Nov. 21 at 5:44 p.m., plain-clothes officers walked into the liquor store at 1524 Silver Avenue and interrupted what they believed to be a marijuana sale. The seller turned away from officers and stuffed a large bag of marijuana under his coat. The man smelled of marijuana and as the officers detained him he yelled out, "I've got my marijuana card, you can't (expletive deleted) with me." The officers looked at the bag of marijuana, which contained over two ounces (street value of close to \$1,000) and found that it had no markings. The officers asked the man for his medical prescription for the marijuana, and he had none. The man then provided the officers with a card which listed him as a medical Cannabis Voluntary Caregiver. A check of the man's rap sheet revealed that he had prior

arrests for possession for sale of marijuana, sales of marijuana, possession of base rock cocaine, sales of crack cocaine, and numerous other drug arrests. The man, living on the 100 block of Kiska Road, was booked for possession for sale of marijuana.

\*On Nov. 21 at 6:30 p.m., officers responded to the 300 block of Wheeler on a domestic violence call. Dispatch advised the officers that a prior call to the same residence earlier in the day had for a shots fired call. The officers determined that no shots had been fired and ended up arresting a male, living in Hayward, for

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aggravated assault, attempted burglary, conspiracy, and vandalism.

\*On Nov. 22 at 11 a.m., officers responded to the 1300 block of Silliman on a robbery call. The caller told officers that three men had entered her apartment while she was there and that one of them grabbed a knife from the kitchen and held it to her throat. The other suspects then ransacked the apartment and took several items of property prior to fleeing. The suspects are described as three black males, approximately 6'0", 160, one with braided hair.

\*On Nov. 27 at 5:07 p.m., officers were on patrol at Lathrop and Gillette when they found a man and a woman having sex in a parked auto. The woman was found to have an outstanding warrant and was arrested. A search of her purse revealed a syringe filled with brown fluid. The woman, living on the 1300 block of Oakdale, was charged with the warrant and possession of heroin.

\*On Nov. 29 at 9:33 a.m., officers responded to the 2700 block of San Bruno Avenue on a threats report. The female caller told officers that her ex-boyfriend had phoned her numerous times and threatened to kill her. The victim's sister then took the victim's child to school and saw the ex-boyfriend at the school, apparently waiting for the victim to arrive. Later in the day, the victim phoned police to say that her ex-boyfriend was now at her place of work. Bayview officers responded and arrested the ex-boyfriend, charging him with making terrorist threats.

\*On Dec. 1 at 1 a.m., officers

responded to the 500 block of Dwight on a call of an auto being stolen. The officers found a 17 year-old male working on a parked truck, with a second vehicle parked adjacent to the truck. When the officers asked the young man what he was doing, he replied that he was stealing the battery (which had already been removed from the truck). The truck's window was also shattered, and the young man was arrested. The owner of the truck stated that he had looked out of his window and had seen the young man "hot-wiring" his truck.

The suspect, living on the 1900 block of Hamilton, was booked for auto burglary and possession of burglar tools.

\*On Dec. 1 at 1:45 p.m., officers responded to San Bruno and Bacon on the report of a robbery. Two Asian male victims told officers that they were approached by four suspects who demanded their money and property. The four suspects are described as black teen-age males.

\*On Dec. 2 at 2:56 p.m., officers responded to San Bruno and Harkness on the report of a drunk driver. A citizen had been following the driver from downtown, and had witnessed the drunk driver almost hit a pedestrian at Church and Market, hit a vehicle on Franklin, hit the witness's vehicle twice, hit a bike rider at Gough and Fulton, come close to hitting a meter maid at Fell and Hayes, and then drive to San Bruno Avenue, where he parked, got out of the car, and urinated on a building. The driver, living in Hillsborough, was booked for felony

drunk driving (due to the injury accident), and several counts of hit and run.

\*On Dec. 2 at 8:52 p.m., officers were on patrol at San Bruno and Silver when they stopped a vehicle which was traveling with no headlights. The officers determined that the driver had a suspended license, the vehicle had false registration, and the driver was wanted for an outstanding arrest warrant. The driver was arrested and a search of the vehicle revealed a large black garbage bag containing marijuana. The driver, living on the 2000 block of Pacific Avenue, was booked for possession of marijuana for sale, traffic violations, and a warrant charging him with possession of methamphetamine.

\*On Dec. 3 at 4:20 p.m., officers responded to San Bruno and Bacon regarding a street robbery. The victim told officers that two suspects had robbed him of his personal property and then fled on foot. The victim has seen the suspects in the area on prior occasions. Suspect one is an Asian male, 15-16, 5'4", 115, wearing a black beanie, black coat with brown fur collar, and black pants. Suspect two is a black male, 5'10", 135, wearing a black beanie, black coat and blue pants.

On Dec. 8 at 11 a.m., a Bayview officer was working at Burton High School on Mansell when he learned that one of the students had been threatened by another student with violence. The second student, living in the Excelsior and a "Norteno" gang member, had been dealing

drugs at the school and had passed some of the drugs off to the first suspect to avoid being caught with them. The first student had subsequently been caught with the drugs by school authorities and the drugs were confiscated. The second student then demanded the money for the drugs from the first student, and the first student broke down and went to the office, telling the school officials he feared for his life. The officer arrested the second student and booked him for threats, gang affiliation, and drug charges.

\*On Dec. 8 at 10:35 p.m., officers responded to the 500 block of Goettingen on a purse-snatching call. The victim told officers that she was walking up the stairs of her home and was about to enter her front door when a man approached her from behind and grabbed her backpack.

The suspect ran to a black vehicle parked on Woolsey and entered the vehicle, fleeing toward San Bruno Avenue. The suspect is a black male, 20-25, wearing a black hooded sweatshirt and black pants.

\*On Dec. 8 at 11:09 p.m., officers were on patrol at San Bruno and Silliman when they stopped a vehicle for not displaying a license plate. The officers determined that the driver's license had been suspended (four times) and he was placed under arrest for this (continuing) violation. The officers were conducting an inventory of the car prior to

towing it and located a toolbox which contained several blank auto ignition keys and three hand-held

VISITACION VALLEY GRAPEVINE - JANUARY 2005 - 5  
key making devices. The keys and tools were booked as potential evidence due to the large number of auto thefts and auto burglaries in this neighborhood of the district.

\*On Dec. 10 at 11 p.m., officers responded to the 600 block of Hamilton on a robbery call. The victim told officers he had been at Hamilton and Woolsey and had been approached by three suspects who asked for money and cigarettes as one of the suspects held the victim in a "choke hold." The suspects then punched the victim prior to fleeing. The suspects are black males, 20-25, 5'9", one 180 pounds, the other two 130 pounds.

\*On Dec. 14 at 5:21 p.m., officers responded to Bayshore and Visitacion on the report of a found child, who was crying and appeared scared. The officers found a four year-old boy crying and shivering on the corner and placed him in their car. The officers spoke with the little boy, who was able to direct them to a nearby apartment building in which he stated he lived. The officers walked the boy into a vacant apartment he identified as his own and then notified Child Protective Services. While the officers were on the phone with CPS, the boy's mother walked into the apartment and told officers that she had been at the nearby 7-11 "buying an Icée." The woman then changed her story and said that she had been driving a friend home and had left the TV on for her son. The child was taken into protective custody and the mother was booked for child endangerment.

\*On Dec. 16 at 4:22 p.m., plainclothes officers were on patrol at Silver and San Bruno when they saw a man they knew to be wanted by the South San Francisco Police Department. The officers began to approach the man and he took off on a skateboard. The officers chased the man for three blocks and lost him near an apartment building on the 2500 block of San Bruno Avenue. A woman then exited one of the units and asked the officers, "Is this who you're looking for?" The fleeing man had apparently climbed into the woman's apartment through a bathroom window and was taken into custody. The man was cited for resisting arrest and was released to the South San Francisco Police Department.

#### Police Summaries

\*Nov. 17, 1:39 p.m., Sunnydale Ave. & Bayshore Blvd., resisting arrest.

\*Nov. 17, 8 p.m., 2840 San Bruno Ave., domestic violence.

\*Nov. 18, 12:15 p.m., 25 Felton St., auto boost.

\*Nov. 18, 2:33 p.m., 3713 San Bruno Ave., missing juvenile.

\*Nov. 18, 2 p.m., 165 Britton St., threats.

\*Nov. 19, 6:04 a.m., 96 Princeton St., recovered stolen auto.

\*Nov. 21, 7:30 a.m., 350 Wheeler Ave., domestic violence.

\*Nov. 22, 8 a.m., 380 Dwight St., burglary.

\*Nov. 30, 9:10 a.m., Silver Ave. & Boylston St., theft from a person.

\*Nov. 30, 10:45 a.m., 408 Bowdoin St., burglary.

\*Nov. 30, 12 noon, 2400 San Bruno Ave., stolen auto.

\*Nov. 30, 11:17 p.m., 2863 San Bruno Ave., warrant arrest (drug case).

\*Dec. 1, 2 a.m., 627 Colby St., vandalism.

\*Dec. 1, 6:45 a.m., 261 Arleta Ave., auto boost.

\*Dec. 1, 6:45 a.m., 760 Bacon St., vandalism to vehicle.

\*Dec. 1, 6 p.m., 3432 San Bruno Ave., threatening phone calls.

\*Dec. 2, 7:25 a.m., 350 Girard St., battery.

\*Dec. 5, 8 a.m., 316 Wilde Ave., theft from a building.

\*Dec. 8, 8:25 a.m., 555 Somerset St., stolen auto.

\*Dec. 8, 12 noon, 627 Cambridge St., missing adult.

\*Dec. 8, 11:22 p.m., 31 Evine St., terrorist threats.

\*Dec. 12, 11 a.m., 320 Dwight St., missing juvenile.

\*Dec. 12, 4:30 p.m., Bowdoin & Burrows Sts., hit and run.

\*Dec. 13, 7:30 a.m., Mansell & Dartmouth Sts., auto boost.

\*Dec. 13, 8:45 a.m., 2675 San Bruno Ave., check fraud.

\*Dec. 13, 9:54 a.m., San Bruno Ave. & Paul St., injury accident.

\*Dec. 13, 5:44 p.m., 2742 San Bruno Ave., battery, domestic violence.

\*Dec. 13, 5:44 p.m., 339 Woolsey St., mental health detention.

\*Dec. 15, 2:32 a.m., 2985 San Bruno Ave., suspended license.

\*Dec. 15, 7 a.m., 354 Somerset St., auto boost.

\*Dec. 15, 4:34 p.m., 2380 San Bruno Ave., battery.

\*Dec. 16, 6 p.m., 719 Olmstead St., fraudulent use of an ATM card.

\*Dec. 16, 9:44 p.m., 2542 San Bruno Ave., aided case.

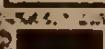
\*Dec. 17, 1:45 a.m., Bowdoin & Woolsey Sts., mental health detention.

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## Grapevine Puzzler Major California Lakes

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 F D R R W E R T N O W Y U S A O K L L L  
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Almanor Clear Lake  
 Amador Collins  
 Bass Delta  
 Berryessa Don Pedro  
 Bullards Eagle  
 Bar Englebright  
 Camanche Folsom

McClure Oroville  
 McSwain Pardee  
 Mendocino Pine Flat  
 Millerton Shasta  
 Nacimiento Sonoma  
 New Hogan Tahoe  
 New Melones Trinity

## Historic Proportions

Match clues to answers.

1909

- He reached the North Pole on Apr. 6.
- World's Fair opened here on June 1.
- Inaugurated President of U.S. on Mar. 4.
- Horrible flood here caused more than 1,200 deaths on Aug. 29.
- At 50 stories, their building was tallest in world on Jan. 29.
- World Series winners on Oct. 16.
- This crossing opened on June 12 in New York City.
- He became King of Belgium on Dec. 23.
- U.S. decided in November to build base here for Pacific Fleet.
- They formed corporation to build airplanes on Nov. 23.
- First National Aeronautic Show opened here on Sept. 25.
- Relaxed residency requirements by municipal legislature made this town famous for divorce.

A. Queensboro Bridge  
 B. Monterey  
 C. Pittsburgh Pirates  
 D. Seattle  
 E. Madison Square Garden  
 F. Metropolitan life  
 G. Reno

## Five Years Ago In the Grapevine

JANUARY 2000

\*An enthusiastic group of 130 people attended a meeting at the Visitacion Valley Community Center to discuss plans for the Schlage Lock site on Nov. 13.

\*S.F. Public Library Commission voted at its Dec. 7 meeting to approve new hours for the Main and Branch Libraries that went into effect on Jan. 3.

\*Don Bertone, for many years president of the Little Hollywood Association, announced his candidacy for District 10 Supervisor.

\*A collaborative project of Asian Law Caucus and Chinese for Affirmative Action, held a monthly free legal clinic at various neighborhood centers in and adjacent to Visitacion Valley.

## Grapevine Want Ads

VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, WVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Want Ads: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Sump, the Grump



## Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: I just moved into my first apartment, and I'm about to buy a Christmas tree. Do you have any tips for me? - Twenty-Something

Christmas trees are like a distant cousin. They come to your house, surround themselves with presents, stay a month...then they begin to shed, and need somebody to drive them off.

People often do strange things with cut trees. One of my neighbors pulled out a chain saw and widened his front door three feet. That allowed him to bring in the tree without bending it, and made a great spectacle the neighbors could videotape.

Once inside the home, cut a couple inches off the base of the trunk, and immerse it in a tree stand filled with water. If your tree's artificial, it doesn't need water. And if you cut anything off its trunk, you'll have a shorter tree next year.

Do not use flammable decorations on a tree. The new smaller, safer tree lights seem to work well. I even saw one guy try to wear these lights to a party, but his extension cord kept coming out.

Some people surround the tree with a decorative tree skirt. I have never worn a tree skirt to a party, because I don't shave my legs. After the holidays, dispose of your tree properly. Many cities will remove it from your lawn, and recycle it into mulch.

Therefore, do not dispose of your artificial tree. Plastic mulch will not grow anything.

Dear Poor Rix: I love holiday shopping! How about you? - December Debbie

Absolutely! On a good day, Poor Rix can pass out more dough than a baker at a cookie workshop.

But my friend Verne, who is tighter than last year's thong, can squeeze a dollar so hard it makes Washington's hair fall out. Here's his twisted philosophy:

1. Treat your wallet like a fine wine. Never take it out for a frivolous purpose.

2. Diet experts say you should never shop for groceries when you're hungry. Likewise, never shop for clothes when you're naked.

3. Set three levels of spending. Give family and close friends presents. Send other friends a nice card. Send casual friends a used card.

4. Speaking of used cards: (a) Never send the same used card to the person you got it from the year before. (b) Never re-send cards with your name and another family's picture.

5. Consider giving coupons. Last year, ole Verne surprised me with a health-related item.

And if I ever need all-natural prostate relief, I can get it for 25 percent off.

Dear Poor Rix: How can I figure out how long I will live? - Nervous

Poor Rix asked several dead people how long they lived, and most said "not long enough."

The average life expectancy in the U.S. is 77.2 years. So if you're an average person who's 77.1, schedule that annual physical real soon.

Here's something weird: the older you get, the longer you might live. If you're 75 right now, you can expect to live 11.5 more years if you avoid high-risk behavior.

High-risk activities include driving without a seat belt, sky diving without a parachute, and attending a political event wearing campaign buttons from the opposite party.

Did you know women outlive men by five years? Poor Rix told his wife, and she laughed like crazy.

Why the longevity difference? I interviewed several women, who said, "It's because we're smarter." When I asked guys the same question, they said the dead men "were just looking for a way to get out of the house."

Way back in 1900, the average life expectancy was only 47.3 years. Then folks decided dropping dead before 50 was a stupid career move, so they started taking better care of themselves.

Last week Poor Rix read about a lady over 100 who says a long life comes from "working hard, eating vegetables, and thinking clean thoughts." Poor Rix has followed 66% of that advice.

Dear Poor Rix: Who invented fire? - Student

Fire's not a new creation. It's been around three gazillion years, long before Poor Rix grew into the primordial slimeball he is today.

Prehistoric people didn't know what to do with flames because (a) nobody had invented cookbooks and (b) they had zero knowledge of fireplace construction or chimney design.

Early humans captured fire by taking burning wood from place to place. That's a tough assignment, especially in hot weather with the wind in your face.

This explains why many Neanderthal husbands—just home from a long day of flame carrying—were greeted with the words "Have you been smoking?"

When one log was nearly consumed, carriers used it to ignite another. That's where we get the phrase, "Hey, buddy...got a light?"

Generous prehistoric folks shared their fire with those nearby. But a few squabbling lamebrains took the gesture too far, and lit neighboring huts. That's where we get the term "house-warming."

During medieval times, fire became a powerful weapon. Warriors asked a volunteer to hold a blazing torch in each hand, then sent him running toward the enemy. This brave soldier was called a "knight light."

Fire is a great gift, because it led to campfires, which led to community gatherings, which led to plays and dramatic events, and eventually to "sweeps week" on television.

Poor Rix: I'm about to celebrate my 35th birthday. Is there any advantage to getting older? - Donna

Poor Rix can name four:

1. Younger people start calling you "Ma'am." (That's bad if you're a guy.)

2. Verbal ability reportedly increases until old age, which is decades beyond 35.

3. A 35-year-old can still make mistakes, but can come up with better excuses.

3. Experts tell us that the older we get, the less our sweat smells. (That's great news for Poor Rix, who will delay his weekly bath.)

Dear Poor Rix: Back in the 1960's when I was a kid, people used to joke about the "dodo bird." Did the bird really exist? - David

Yes, this fowl (pronounced "dough-dough") actually lived. But it's been extinct since the 1680's, which makes it officially, sincerely dead.

It's no wonder the dodo didn't survive. Its wings were too small to fly, and its legs too short to run. Predators found the bird easier to catch than a head cold.

The little animal lived on islands in the Indian Ocean. It had a body like a turkey, a thick beak, and feet and tail feathers sorta like a duck.

On the islands, dodos faced constant threats by hogs and monkeys. Nothing's worse than being chased by monkeys, especially if they're riding wild, hungry pigs.

Curious explorers took a specimen to Europe around 1640. Unfortunately, the other dodos didn't make the trip, and croaked faster than a chorus of bullfrogs.

We can learn three things from the dodo:

1. Birds of a feather flock together. Birds labeled "deceased" get remembered the least.

2. A bird in the hand is worth two in the bush. A bird in the museum is worth a look.

3. If it looks like a turkey and walks like a duck, it might be a dodo...and that's bad luck.

Dear Poor Rix: When did people begin to host parties for the New Year? - January Jan

Ancient Egyptians celebrated New Year when the Nile River overflowed, usually in June. Then someone suggested, "If we change New Year to January, we won't drown coming home from the party."

Early Romans named their celebration for Janus, a deity with two faces. One face looked backward, the other forward.

Today, we also reflect on the past and plan for the future. But we no longer have two faces, because the one in back is too hard to shave.

Another New Year's custom was chimney cleaning. This meant participants planned to "clean up" their faults, and strive to do better the next year.

Sadly, a few zealous cleaners toppled down the chute into the fireplace below. This was called "coming down with the flue."

The Druids celebrated the New Year on March 1. Unfortunately, that was two months late for bowl games.

But remember, these were ancient civilizations, and did not yet worship football.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

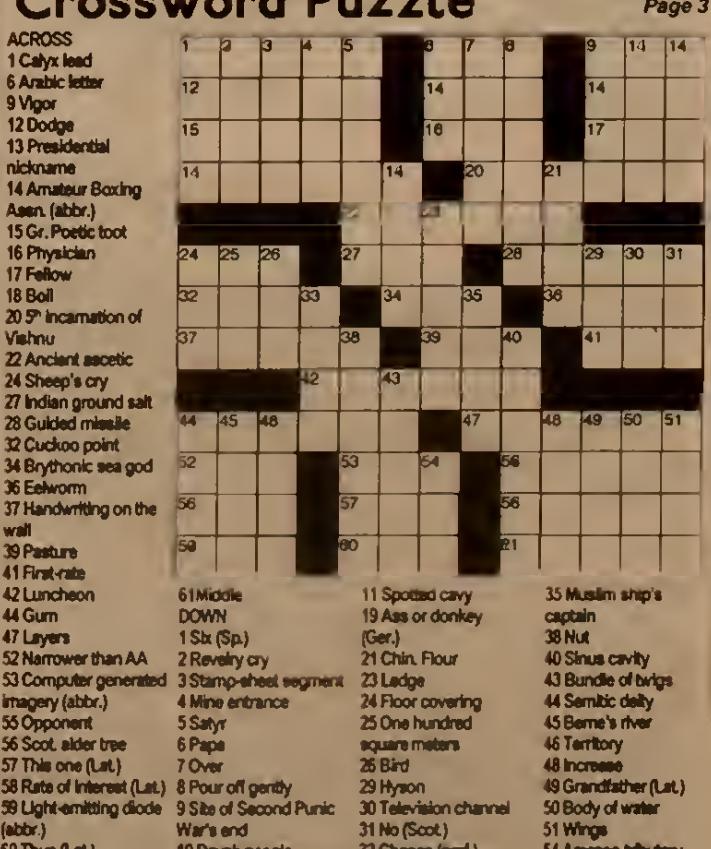
## Cabaret Will Benefit Church Music Program

The choir of St. Gregory of Nyssa Church is performing a cabaret, *Anything Goes!* to benefit its music program on Saturday, Jan. 29 at 7:30pm. Tickets are \$10 for adults, \$5 for children (6-16), and free to kids under 6, and are available at the door.

This event includes free beverages, light refreshments and a no-host bar. The church is located at 500 De Haro St. (at Mariposa) in San Francisco. For more information, please call Jennifer Cross Gans (415) 586-1073, or email: ejens@LMi.net

## Crossword Puzzle

Solution on Page 3



## Visitacion Valley Police Report

by Ingleside Captain Paul Chignell  
Police Cases

"On Nov. 16 between 9 a.m. and 2 p.m. a residence on the first block of Tucker was burglarized and a DVD player was taken. A possible suspect is known. At 1 p.m. officers received information that a gun was secreted in a Mazda Rx-7 at 1501 Sunnydale. The officers located a Highpoint handgun in the air cleaner of the vehicle. The weapon was confiscated and the car towed. At 2 p.m. officers were in the 1700 block of Sunnydale when they spotted three known gang members loitering and acting in a furtive manner. Two of the gang members started running away. The officers a few minutes later detained all of the individuals and found black gloves as well as a high capacity magazine for ammunition near where they had been running. The subjects were admonished for trespassing and sent on their way.

"On Nov. 17 at 9 a.m. officers responded to the 700 block of Delta on a man banging on the front door of a residence and making noise. The officers arrested the subject, who lives in Hercules, for violating a restraining order. Between 3:30 and 8 p.m., a burglary occurred on the 1800 block of Sunnydale. Entry was made through a window. Loss was jewelry, silverware and appliances.

"On Nov. 18 at 3 p.m., officers went to the first block of Blythdale on an assault call. They then found a subject who lives on the 100 block of Kellogg who had a warrant for his arrest for driving with a suspended license.

"On Nov. 21 at 8 p.m., officers went to the first block of Teddy on a burglary report that was not true.

"They located a subject there who resides on the 100 block of Tucker. She was arrested on a probation violation from the Burlingame Police Department.

"On Nov. 24 at 6:42 p.m., officers stopped a vehicle on Santos and Brookdale which had false registration. The subject, who resides on the 1700 block of Sunnydale, was cited and his vehicle towed.

"On Nov. 25 at 6:12 a.m., officers responded to the first block of Blythdale on a domestic violence call. They arrested a subject who had beaten his wife. The officers retrieved crack cocaine from the suspect as well.

"On Nov. 27 at 11:51 a.m., officers were on patrol on the 1700 block of Sunnydale when they observed various gang members, one of whom was sitting in a car smoking marijuana. An investigation led to his arrests for cocaine possession and trespassing.

"On Nov. 28 at 5 p.m., officers stopped a subject on Geneva at Rio Verde and arrested him on misdemeanor warrants. The subject lives on the first block of Blythdale.

"On Nov. 29 at 2 p.m., an officer

encountered a subject on the 400 block of Wilde. A warrant check revealed a no bail warrant from Broadmoor Police Department for probation violation and a narcotics offense. The subject lives on the 200 block of Gaven. At 6 p.m. officers responded to the 200 block of Schwerin on a neighbor dispute and admonished a subject for disturbing the peace.

"On Nov. 30 at 3:03 p.m., officers were in the area of the 1700 block of Sunnydale when they spotted two subjects in a vehicle driving recklessly in the grassy area near the housing complex. Both suspects then ran from the officers but were captured. One subject was cited for reckless driving and driving with a suspended license.

"On Dec. 1 at 12 noon, officers responded to the 100 block of Brookdale on a domestic violence case and found that a woman had been battered by her husband. The suspect was arrested and also found to have a warrant for his arrest from the Union City Police Department for battery. At 1:30 p.m. a juvenile reported that he was robbed by three subjects as he was walking on San Bruno at Silver. He reported the crime two days later. He said that the subjects struck him and took his watch and money. At 8:19 p.m. an officer stopped a vehicle at Arleta and San Bruno for running a red light. The driver, who resides in Vallejo, was driving on a suspended license.

"On Dec. 2 at 1:30 p.m., a suspect boarded a Minibus at Visitacion and Bayshore and began verbally harassing the driver. He then attacked the driver with his fists and fled the bus.

"On Dec. 3 at 1:37 p.m., a victim on the 1800 block of Sunnydale was struck in the face by her boyfriend. He also tore the phone out of the wall and fled the premises. Officers were summoned and spotted the suspect but he ran away before he could be captured.

"On Dec. 4 at 1:30 p.m., a suspect approached a residence on the 1700 block of Delta for a restraining order violation. They observed the wanted subject on the steps of the residence. The subject, a resident of Hercules, was arrested on the stayaway violation.

"On Dec. 5 at 2:30 a.m., a victim was standing near a vehicle in front of a residence on the 1700 block of Sunnydale. Three suspects approached with shaved heads. One suspect with a black semi-automatic firearm started firing and hit the victim in the chest, back, abdomen and legs. The suspects fled in a van from the area. The investigation is continuing.

"On Dec. 7 at 12 noon, officers were conducting crime suppression efforts on the first block of Hahn. They observed a vehicle go through the

stop sign and effected a traffic stop. The driver, who resides on the 100 block of Britton, and who has been violating a restraining order to stay away from the Church of the Visitacion, was cited for driving with a suspended license and his vehicle towed. At 1 p.m. officers spotted a wanted subject at 35 Garrison. He was arrested on a felony warrant and found to have narcotics on his person. At 10 p.m. officers went to the first block of Santos on a neighbor dispute. After an investigation they arrested a subject for terrorist threats.

"On Dec. 8, at 8 p.m. a victim was sitting inside his vehicle at Garrison and Sunnydale with the keys in the ignition.

"He went over to talk to some friends when he was "jumped" and a suspect went through his pockets.

"His vehicle was then driven away by another suspect. The victim has some information on possible suspects. At 8:30 p.m. officers went to the 1600 block of Sunnydale on a well being check. They encountered a boyfriend on the premises and detained him. Through their investigation they determined that the boyfriend had struck a child and thrown him to the ground and then attacked the mother by shaking her and leaving long scratches on her arms. He was arrested on multiple counts and threatened to return the next day. The suspect while in police custody kicked his head against the holding cell windows. The subject was properly restrained and transported to the County Jail. The subject also had a warrant for his arrest for false impersonation.

"On Dec. 11 at 12 noon, an officer was alerted to a stolen vehicle being driven in the Sunnydale area. He gave the information to officers, who spotted the vehicle on the 200 block of Rey with a suspect in the drivers seat.

"The suspect, who resides on the 1100 block of Cole Street, was arrested for auto theft. At 1:30 p.m. officers went to the 100 block of Hahn on a threats case where a suspect was pushing and violently threatening a woman. The suspect was located by the officers on a nearby street corner and arrested for two counts of terrorist threats.

"On Dec. 12 at 6:14 p.m., officers went to the 700 block of Delta on a restraining order violation. They observed the wanted subject on the steps of the residence. The subject, a resident of Hercules, was arrested on the stayaway violation.

"On Dec. 13 at 5:30 p.m., officers arrested a subject on the 700 block of Delta for a restraining order violation. At 5:35 p.m. officers stopped a vehicle for going through a red light at Sunnydale and Bayshore. The officers found that the registration was in error and the driver had no driver license in her possession. The driver, who resides in South San Francisco, was cited on numerous

"offenses. On Dec. 14 at 12:30 p.m., officers responded to Visitacion and Cora on a report of an irate passenger on a

muni bus. The bus driver stated that a suspect had just assaulted someone with a butcher knife. The officers searched the area and located the suspect on Schwerin Street. She was yelling and waving the knife in the air. The officers disarmed her and placed her under arrest. The officers then determined that the suspect had been causing a commotion on the bus, pulled out a pipe from her bag and struck a victim several times, then pulled the knife and was brandishing the knife prior to being thrown off the bus. The suspect, who resides on Teddy Street, was charged with numerous violations of the California Penal Code.

"On Dec. 16 at 12:30 p.m. a citizen reported numerous gunshots at Santos and Brookdale. Two vehicles were found with bullet holes. At 8 p.m. a subject on the 400 block of Somerset threatened another with bodily harm after a dispute involving children. At 5:10 p.m. officers went to Walgreen's at 4645 Mission St. and were advised that a shoplifter had battered the security officer and fled. The officers located the suspect in another store down the street and confronted him.

"The suspect violently resisted necessitating other officers to come to assist. The suspect was subdued and booked for burglary, receiving stolen property, battery, battery upon a police officer and resisting arrest. He resides on the 100 block of Hahn.

### Police Summaries

"Nov. 19 5:20 p.m., 1900 block of Geneva Ave., burglary, front door entry

"Nov. 19 11 p.m., 100 block of Blythdale Ave., threats from boyfriend

"Nov. 19 11:05 p.m., 400 block of Raymond Ave., malicious mischief, vandalism

"Nov. 20 6:50 p.m., 000 block of Calgary St., stolen truck

"Nov. 20 8:30 p.m., 200 block of Addison St., domestic violence

"Nov. 21 8:30 p.m., 500 block of Leland Ave., stolen truck

"Nov. 22 6 p.m., Geneva Ave. & Santos St., robbery, purse snatching

"Nov. 24 4:10 a.m., 000 block of Brookdale Ave., burglary of residence, forcible entry

"Nov. 24 4 a.m., 1st block of Blythdale Ave., burglary

"Nov. 24 7 p.m., 1600 block of Sunnydale Ave., domestic violence, suspect known

"Nov. 25 11 a.m., 1st block of Brookdale Ave., burglary, television stolen

"Nov. 25 8 p.m., 1st block of Raymond Ave., burglary, entry through gate

"Nov. 27 6 p.m., Ward and Ankeny Sts., aggravated assault, fists

"Nov. 27 9 p.m., 1500 block of Visitacion Ave., robbery, suspect in black, strongarm

"Nov. 27 9 p.m., Rey St. and Kellogg Ave., aggravated assault, BB gun

"Nov. 27 9:30 p.m., 100 block of Britton St., burglary

"Nov. 27 9 p.m., 100 block of Teddy Ave., robbery, carjacking, two suspects with guns

"Nov. 29 12:35 a.m., 1600 block of Sunnydale Ave., domestic violence

"Nov. 30 6:45 a.m., 1600 block of Sunnydale Ave., burglary, door unlocked, wallet

"Nov. 30 3 p.m., McLaren Park, attempt to entice a woman to a vehicle

"Dec. 6 6 p.m., 3200 block of San Bruno Ave., burglary, truck in garage

"Dec. 10 9 a.m., 1200 block of Sunnydale Ave., bullet through window

"Dec. 10 6:30 p.m., Geneva and Brookdale Aves., robbery, purse pulled off victim after alighting from bus

"Dec. 11 11 a.m., Sunnydale Ave. & Sawyer St., numerous shots fired, city vehicles hit, suspect vehicle located

"Dec. 11 4 p.m., 1700 block of Sunnydale Ave., burglary, money and appliances

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## FTC Sues Makers Of Bogus Diet Patch

The Federal Trade Commission has continued its attack on bogus weight-loss claims by suing a diet patch manufacturer and a retailer that marketed the patch directly to Spanish-speaking consumers. In two separate federal court actions, the FTC charged that the patch manufacturer, Transdermal Products International Marketing Corporation, and the retailer, SG Institute of Health & Education, Inc., falsely claimed that the skin patch causes substantial weight loss. The FTC complaints in both cases also challenge false claims that the patch or its main ingredient, sea kelp, has been approved by the Food and Drug Administration (FDA). The FTC further alleged that Transdermal Products provided retailers with deceptive marketing materials that could be used to mislead consumers.

"We're determined to pursue deception to its source," said Lydia B. Parnes, Acting Director of the FTC's Bureau of Consumer Protection.

The defendants in both cases allegedly used one or more of the seven bogus weight-loss claims that are part of the FTC's Red Flag education campaign announced in December 2003. The ongoing Red Flag campaign provides guidance to assist media outlets and others in spotting false claims in weight-loss ads. According to the FTC, one of the most common false weight-loss claims is that diet patches, topical creams and gels, body wraps, and other products worn on the body or rubbed into the skin can cause substantial weight loss.

## Driver License Internet Renewal Operational

From Page 1

To guard against fraud and identity theft, the customer is required to type in four separate "points of identification." (A) The confidential, high-security RIN which is mailed to the individual licensee in a sealed envelope. (B) Driver license number. (C) Birth year. And (D) the last four digits of a verified social security number that is electronically cross-checked against federal records. To further prevent fraud or identity theft, the transaction is encoded via a secure Web site, and the Internet cannot be used to change the address or the physical description on the license. The new card will contain the applicant's picture from the previous renewal.

"Any eligible customers who don't have access to the Internet can still renew by mail," said McClellan. "But the Internet is so much faster, easier and more convenient - plus it saves you a stamp and a trip to the post office.

Additional information on Internet driver license renewal and how-to-do-it instructions are available on the DMV Web site at dmv.ca.gov.

## Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

- AUTOMOTIVE
- BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
- BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
- CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
- TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
- VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
- BANK
- BANK OF AMERICA, 6 Leland Ave., 622-4501
- BAKERS
- JESUS BAKERY, 98 Leland Ave., 587-7721
- LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
- BARBERS
- DEMASI'S BARBER SHOP, 35 Leland Ave.
- THE SHOP (JB), 178 Leland Ave., 239-6709
- BEAUTICIANS
- BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
- MAY BEAUTY SALON, 60 Leland Ave., 337-9381
- MIZ RENAS SALON, 19 Blanken Ave., 467-3399
- NAILS BY JENNY, 50 Leland Ave., 333-6900
- WHO'S BAD?, 224 Leland Ave., 657-3156
- BLIND CLEANING
- SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506
- BOARDING HOUSE
- ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
- BOOKKEEPERS
- AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
- VERNA WALLACE EA., 2320 Bayshore Blvd., 239-5333
- CARPETS
- HANSAN INTERIORS, 41 Leland Ave., 333-6382
- CASKETS
- CASKETORIUM, INC., 93 Leland Ave., 585-3451
- CHURCHES
- CHURCH OF THE VISITACION, 665 Sunnydale Ave., 239-5850
- IGLESIA EL ESPÍRITU SANTO, 38 Leland Ave.
- KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

- RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
- ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
- VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
- VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
- COFFEE
- CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
- HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
- DAY CARE
- CAROUSEL DAY CARE, 261 Hahn St., 469-5353
- DENTIST
- VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
- DEVELOPERS
- VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895
- ELECTRICAL
- TATE ELECTRIC (Joel Tate), 467-4657
- FLORISTS
- IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
- GARDEN ORNAMENTS
- SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
- GROCERS
- CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
- E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
- FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
- K.C. MARKET, 400 Wilde St., 467-3024
- LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
- M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
- PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
- 7-11, 2200 Bayshore Blvd., 468-8646
- SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

- SMUTTY'S MARKET, 2610 Bayshore Blvd., 239-5506
- SUPER FAIR MARKET, 201 Leland Ave., 239-6856
- TEODY'S MARKET, 298 Teddy Ave.
- VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
- HERBS
- SAN ON HERBS, 33-A Leland Ave., 333-7469
- HYPNOTHERAPY
- VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
- INSURANCE
- EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
- ROBERT LEHMAN, CLTC, CMFC, 333-0850
- AUCE L. WONG, 160A Leland Ave., 337-8811
- KITCHEN CABINETS
- LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2700, fax 333-1708
- LAUNDRY/CLEANERS
- BAY WASH, 44 Leland Ave
- CITY WASH & INTERNATIONAL, 83 Leland Ave., 333-9467
- COIN WASH & DRY LAUNDRY, 186 Leland Ave
- FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
- LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
- VALLEY LAUNDRY, 30 Leland Ave
- VISITACION VALLEY LAUNDRY, 108 Leland Ave.,

# Family & Community Services Center

Vistacion Valley Community Center, Inc.



- Classes at  
Visitacion Valley Community Center,  
50 Raymond (Ceramic Room)
- Free Consultation (appointment or drop-in)  
with S.F. Health Plan Coordinator;  
Low-Cost Health Insurance  
Every Wednesday, 9 a.m. - 4:30 p.m.
- Men's Support Group  
Every Tuesday & Thursday, 6-8 p.m.
- Women's Support Group  
Every Wednesday, 5:30-7:30 p.m.

For more information, contact  
the following staff members:  
Meriam T. Abalos, FCSC Coordinator  
Marichelle Punzalan, Asst. Coordinator  
Joanna Wong, Counselor  
Tammie Lawrence, Outreach Worker  
Han Chen, Intern Social Worker

Monday and Friday: 9 a.m. - 4:30 p.m.  
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.  
Saturday: 9 a.m. - 3:30 p.m.

Parents Advisory Meeting  
Friday, January 7  
5:30 to 7 p.m. at 325 Leland Ave.

Parenting Workshop  
Friday, January 14  
5 to 7 p.m.  
at 50 Raymond Ave.

Fathers' Support Group  
Saturday, January 15  
11 a.m. to 1 p.m.  
at 161 Leland Ave.

Parents Support Group  
Friday, January 28  
12:30 to 1:30 p.m.  
at 161 Leland Ave.

Free Food Distribution  
from 3 to 4 p.m.  
Mondays, January 10, 24 and 31  
at 161 Leland Ave.  
Pre-registration every Tuesday and Wednesday  
from 10:30-11:30 a.m. at 161 Leland Ave.

**161 Leland Avenue**

**(415) 586-6998 Fax 586-8027**



**Cathy Kline Saunders**

Broker Associate

**215 WEST PORTAL AVENUE  
SAN FRANCISCO, CA 94127**



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